

## **Health and Wellness Activities**

### **Beginner Gentle Yoga**

This gentle exercise program will help improve flexibility and strength. Its modified movements will allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday, 9:30 am                      Johnson City Senior Center

Friday, 10:00 am                      Johnson City Senior Center

### **Bonesaver Class**

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Monday & Friday, 10:00 am                      First Ward Senior Center (Binghamton)

Monday & Wednesday, 10:00 am                      Broome West Senior Center (Endwell)

Monday & Wednesday, 10:00 am                      East Side Congregational UCC (Binghamton)

Tuesday & Thursday, 10:15 am                      Northern Broome Senior Center (Whitney Point)

### **Chair Dance Party**

Tone muscles & increase heart rate in a comfortable, seated position.

Thursday, 10:00-10:30 am                      First Ward Senior Center

Friday, Noon – 1 pm                      Johnson City Senior Center

### **Chair Exercises**

Increase flexibility, range of motion and circulation.

Tuesday, 8:45 – 9:30 am                      Eastern Broome Senior Center (Harpursville)

Tuesday, 11:00 am                      Deposit Senior Center

Tues & Thurs, 11:00 am                      Broome West Senior Center (Endwell)

Wednesday, 10:30                      Vestal Senior Center

### **Chair Yoga**

Postures and movements are very gentle, easy to maintain and adapted to each student's ability. There is a \$5 charge for this class.

Monday, 11:00 am                      First Ward Senior Center (Binghamton)

### **Dancercise**

Low impact class uses simple dance movements set to uplifting music to foster movement of joints, muscles and bones. There is a \$5 charge for this class.

Wednesday, 9:30 am                      Johnson City Senior Center

Thursday, 9:45 am                      First Ward Senior Center

### **Evening Yoga**

Open to all ages and levels. Learn the benefits of meditation, physical fitness, breathing, relaxation and the positive results they have for the mind, body and spirit. Fee.

Wednesday, 5:30 pm                      Johnson City Senior Center

### **Line Dancing**

Choreographed dance with a sequence of steps done in lines or rows, \$3 charge.

Monday, 10:45 am                      Johnson City Senior Center

Friday, 9:30 am                        Broome West Senior Center (Endwell)

### **Lo-Impact Aerobics**

Modified stretches, body movements and routines that improve and tone your body. There is a \$3 charge for this class.

Thursday, 10:30 am                      Johnson City Senior Center

### **Open Swim and Water Aerobics Classes**

**First Ward Senior Center is hosting these classes at West Middle School,**  
Highland Ave, Binghamton. No fee.

Water Aerobics                      Thursday, 4:00 – 4:30 pm

Open Swim                              Monday & Thursday, 4:30 – 6:00 pm

### **Sunrise Yoga: Project Baptiste Foundation**

(participants must have some type of military affiliation)

Wednesday 1:30 pm                      Northern Broome Senior Center (Whitney Point)

### **Tai Chi**

Relieve stress, improve balance, increase flexibility and promote wellness. There is a \$3 charge for the class at JC; at BW there is no instructor, no fee.

Thursday, 9:30 am                      Broome West Senior Center

Thursday, 1:00 pm                      Johnson City Senior Center

### **Toning & Zumba**

Toning exercises using light weights followed by Zumba dance aerobics.

There is a \$5 charge for this class.

Wednesday, 5:30 pm                      Johnson City Senior Center

### **Zumba**

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Monday & Friday, 9:30 am                      First Ward Senior Center (Binghamton)

Monday, 1:00 pm                        Eastern Broome Senior Center (Harpursville)

Tuesday, 12:30 pm                      Johnson City Senior Center

Tuesday, 9:30 am                        Broome West Senior Center (Endwell)

Thursday, 1:00 pm                        Broome West Senior Center (Endwell)

### **Exercise Equipment at Senior Centers**

Available Daily                        Broome West (Endwell), First Ward (Binghamton),  
Johnson City, Northern Broome (Whitney Point)

\*Complete addresses and phone numbers for all Senior Centers are located at

[www.gbroomecounty.com/senior/scc](http://www.gbroomecounty.com/senior/scc)